

out & about

Pick up trash with Sabin Community Development Corporation along Alberta Street. Just show up at 1488 NE Alberta St. between 10 am and noon. (287-3496.) (2/5)

Community Advocates seeks volunteers to teach or assist with Kids Can and No Punching Judy, educational presentations for children on domestic violence and child abuse. Training begins in September. (280-1388.) (8/21)

Evergreen AIDS Response, a program of Cascade AIDS Project, is seeking 20 volunteers to give rides to and from medical appointments, deliver meals, run errands, staff special events or just be a support person to someone with HIV/AIDS. Training and on-going support provided. (735-9170.) (1/15)

Metropolitan Symphony is seeking Board Members. Basic qualifications include enthusiasm about building a first-class orchestra, energy to devote time, talent and capital to the growth of the organization, and ability to meet once a month. (Send resume to: Metropolitan Symphony, 4326 SE Woodstock Blvd., Suite 479, Portland, OR 97206. 286-5032.) (1/15)

Hambleton Project, Portland Lesbian Cancer Network, is seeking volunteers for advocacy, direct services and networking. (PO Box 7102, Aloha, OR 97007. 642-1007. jand@pnn.com.) (1/1)

Lesbian Community Project has multiple volunteer opportunities for activists and organizers to work in the office, do computer work and to help develop and coordinate a variety of programs. (282-8090.) (12/18)

The Bear Essential Magazine seeks volunteers for **Word on the Street**, an arts event where citizens read aloud at soapbox sites throughout the city, on September 18. (242-1047.) (9/4)

Sisterhands seeks volunteers for its advisory board. Sisterhands is a new program providing educational, emotional and economic support to help and encourage lesbians over 50 to have regular screenings for breast and cervical cancer. Applications from lesbians over 50 and lesbians of color are encouraged. (Marcie 294-7413.) (12/4)

Sensory Perceptions, Portland's lesbian and gay film festival, needs committed film-loving volunteers to assist with all aspects of the festival which will be held September 25-28. (242-0818.) (8/21)

Daily Bread Express needs drivers to deliver hot, nutritious meals to people who are homebound with AIDS, and kitchen volunteers are needed to prepare meals. Volunteers are asked to commit to one shift per week. A program of the HIV Center of Ecumenical Ministries of Oregon. (Gabrielle 244-9930.) (1/1)

Workshops

Holistic childbirth education and Feldenkrais practice classes begin in September. Facilitated by Joan Clapper, OT and Keyena Nishawa, ND. (460-3292.) (9/4)

Oregon College of Art and Craft offers workshops on Batik, gilding, business principles for artists and other topics. Call for schedule and fees. (297-5544.) (10/2)

PSU Students for Unity, Freedom Socialist Party and Radical Women sponsor a **study group to examine Reform or Revolution by Rosa Luxemburg**. Meets Monday nights through October. (6-8 pm Mondays at PSU's Smith Memorial, 1825 SW Broadway, rm. 229. Free; \$8.95 book cost. 228-3090.) (10/16)

One With Heart invites all women and girls to get into "physical fitness with a purpose." Classes include self-defense, Chinese healing arts, Poekoelan, and Filipino stick fighting. A six-week Fight the Fear self-defense class begins August 10. Call for schedules and prices. (4231 SE Hawthorne Blvd. 231-1999.) (12/4)

Diana McKnight offers free weekly seminars on ethnic fashions and accessories from Africa, India and Bali. (World Village Boutique and Gifts, 5125 NE Martin Luther King Jr. Blvd. 249-3790.) (2/5)

Adventist Medical Center sponsors free community health education programs, screenings and support groups during the summer. (Call for schedule: 256-4000.) (8/21)

From the Ground Up offers a somewhat serious series on various garden subjects taught by three experienced and knowledgeable women garden experts. (Schedule and pricing information: PO Box 42350, Portland, OR 97242. 235-9150.) (10/16)

Celebrating the Body Erotic is a weekend workshop for men that teaches how to be at home in the erotic body through ritual, massage and conscious breathing. Partial scholarships available. October 17-18. (\$295. Tim Mulcahey: 790-2141.) (10/2)

Hawthorne Arts Guild offers summer classes and workshops on painting, calligraphy, ceramics and more. (Schedule: 4134 SE Hawthorne Blvd. 231-7466.) (8/21)

Portland Actors Conservatory offers core and elective classes in acting. (Call for class schedule: 274-1717.) (12/18)

New Renaissance Books offers weekend workshops and Friday night forums on topics such as

Numerology, Feng Shui, Buddhism, and Iridology. (Call for schedule: 224-4929.) (8/21)

Artfire is a series of painting and drawing classes held in a studio environment for all ages and abilities. (For schedule and prices: 235-1961, jahaf@teleport.com.) (10/16)

It's My Pleasure hosts sex toy workshops, support groups, life skills informational workshops, and lesbian socials. (For schedule: 3106 NE 64th Ave. 280-8080.) (8/21)

AIDS/HIV

ASAP Treatment Services provides individual and group counseling for people who are HIV-positive and who are also having problems with alcohol or drugs. Triangle Project Title I funds are available to help pay for treatment. Call the intake coordinator Monday through

Julia Santana's boots were made for kicking in this scene from Rent, now at the Civic Auditorium

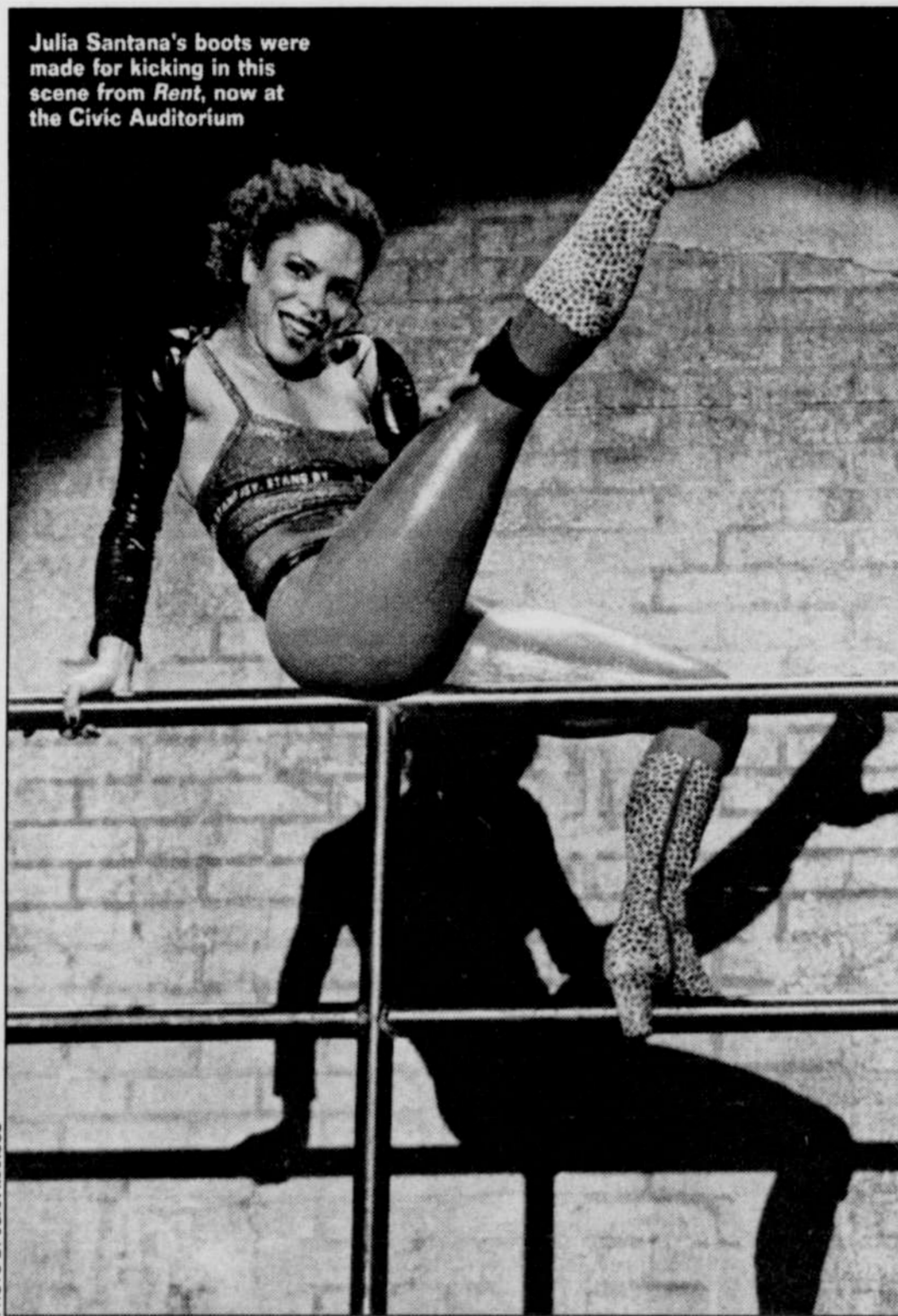


PHOTO BY JOAN MARCUS

Friday to ask for a Triangle Project Title I appointment. (2130 SW Fifth Ave. 224-0075.) (10/98)

Cascade AIDS Project provides non-medical services to people whose lives are affected by HIV and AIDS in Oregon. Services include counseling, support groups, advocacy, assistance, outreach and education, activities, and information. **Benefits Advocacy Clinic** assists people who are HIV-positive with government entitlement programs and housing forms. (CAP offices. Call for times.) Confidential and anonymous **drop-in HIV testing** is provided every Tuesday evening for gay and bisexual men. (6-8 pm at CAP offices. \$20 lab fee.) HIV University offers classes, information and a wellness program, which includes a newsletter, and pro-social events. (HIV U Infoline 223-6339, ext. 111.) The **Plus Club House Party** provides a relaxing setting for people with HIV and AIDS to meet and mingle socially. The group meets in private homes at 6:30 pm on the first Friday and at 2 pm on the third Sunday of the month. (Brian 249-7030.) (CAP offices: Suite 300, 620 SW Fifth Ave. 223-5907.) (2/98)

CAP Support Group Programs include groups open to family and friends, lovers and caregivers, and people who are AIDS symptomatic and HIV-positive asymptomatic, as well as grief and loss support groups.

If you would like to join an existing support group, or would like to assist in developing new groups, contact Project Client Services. (223-5907, ext. 140.) (2/98)

Clackamas County AIDS Relief Effort is a community-based organization providing HIV/AIDS prevention education and support services. (4790 SE Logus Road, Milwaukie, OR 97222. 653-8738.) (2/98)

Clackamas County Public Health Clinic offers HIV testing and counseling. All testing is confidential; anonymous testing available. (5-7 pm Monday, 8:30-11 am Wednesday, 1425 S Kaen Road, Oregon City. \$15. 655-8471.) (2/98)

Community Health Insurance Program pays premiums for eligible people with HIV or AIDS. CHIP will pay premiums for COBRA continuation or any other group or individual policy. CHIP is a program of Ecumenical Ministries of Oregon funded by the Ryan White CARE Act Title I. (9 am-5 pm Monday-Friday. 223-8998.) (7/97)

Esther's Pantry is a volunteer-run, nonprofit food bank for people disabled due to AIDS. (5-7 pm Tuesday and Thursday. 274-0711.) (1/98)

HIV-AIDS7 discussion group looks at the unresolved issues in the HIV-AIDS hypothesis in weekly meetings. (Garland 245-4172, Raymond 233-9444, Bill 227-2339.) (3/98)

The **HIV Case Management Partnership Project** provides HIV-related case management to clients in Clackamas, Columbia, Multnomah, Washington, Yamhill

Network HIV/Sexual Minority Services offers medical evaluation and management, and counseling for anyone affected by HIV and AIDS. Available through the Oregon Health Plan, Medicaid, Medicare, private pay, private insurance and Ryan White CARE Act Title I. (Lynne Hanson 238-0780.) (5/98)

Oregon AIDS Hotline, cosponsored by CAP and the Oregon Health Division, provides AIDS information, support and referral, treatment information and free theater tickets for people with HIV and AIDS. Positive Link connects people affected by HIV and AIDS with trained HIV-positive volunteers for telephone support and information. (10 am-9 pm Monday-Friday, noon-6 pm Saturday and Sunday. 223-2437, 1-800-777-2437.) (7/97)

Our House of Portland is a nonprofit residential care facility for men and women with AIDS. This agency provides 24-hour nursing care and quality living services to residents. Volunteer opportunities abound. (2727 SE Alder St. 234-0175.) (7/97)

Outside In has transitional housing for HIV-positive youth aged 17 to 22 who are homeless or at risk of becoming homeless. (Karla Wolf 223-4121.) (10/97)

Phoenix Rising Foundation Inc. offers HIV and AIDS support; fee based on eligibility. Call for a list of current groups. (620 SW Fifth Ave., Suite 710, Portland, OR 97204. 223-8299.) (2/98)

Project Quest is a nonprofit HIV and AIDS self-empowerment and immune function enhancement program offering workshops, retreats and conferences, along with ongoing programs in nutritional cooking and eating, yoga, stopping smoking, meditation and more. Project Quest offers a comprehensive health management group for people with HIV and AIDS. The group is facilitated by Lusijah Marx, RN, PsyD, and Graham Harriman, MA. (493-0288.) (7/97)

Regional AIDS Interfaith Network helps communities of faith to develop "faith in action opportunities" by planning strategies to meet local needs for HIV/AIDS prevention education and care services. (4790 SE Logus Road, Milwaukie, OR 97222. 653-8738.) (2/98)

Speak to Your Brothers is a volunteer-based HIV prevention program building a healthy gay and bisexual men's community. Needle-free **drop-in HIV testing** and support is offered every Tuesday for gay and bisexual men. (6-8 pm at CAP offices. \$20 donation. HIV testing hotline ext. 172.) **Neighborhood MenTalks** brings men together to socialize and discuss topics of mutual interest. Facilitated gatherings are held monthly. (Geoffrey ext. 145.) **The Young Men's Group** offers gay and bisexual men aged 18-27 opportunities to socialize, discuss relevant topics, plan events and organize community building projects. (Geoffrey ext. 145.) A program of Cascade AIDS Project. (Suite 300, 620 SW Fifth Ave. 223-5907.) (2/99)

Tod's Corner provides free clothing for people with AIDS. A service of the Friends of People with AIDS Foundation. (245-7428.) (7/97)

Washington County Public Health Division provides anonymous HIV testing and counseling by appointment and walk-in. Seropositive wellness program offers individual counseling. Se habla español. (Testing 648-8851, clinics in Beaverton and Hillsboro 648-8881, TDD 648-8601.) (7/97)

Women's Intercommunity AIDS Resource offers services to HIV-positive women and their families, including a weekly support group for HIV-positive women, a bimonthly support group for children affected by HIV, family support services, information and referral, advocacy, and emergency assistance. Child care provided. Volunteer opportunities. (9 am-5 pm Monday-Friday, 6600 SE Division St., Suite 103, Portland, OR 97206. 775-6327.) (9/97)

Central Oregon

Central Oregon AIDS Support Team provides services for HIV-positive people and their caregivers. (5411 389-4330.) (7/97)

Coastal Oregon

Clatsop County AIDS Coalition Resource Center coordinates outreach and education on HIV and AIDS, social and support groups, an HIV/AIDS speakers bureau, and provides case management services for the Astoria, Warrenton, Seaside and Cannon Beach areas. (2-5 pm Monday, Wednesday and Friday, 10 Sixth St., Suite 209, Astoria, OR 97103. 325-4711.) (2/98)

Eastern Oregon

Eaglecap AIDS Support Team (EAST) is a community-based nonprofit organization that provides education, information and outreach to Union, Baker and Wallowa counties for HIV/AIDS prevention. (6 pm second Tuesday general meeting, 6 pm third Tuesday board meeting at United Methodist Church, 1612 Fourth St., La Grande. PO Box 2901, La Grande, OR 97850. 5411 962-7048.) (3/98)

Northern Oregon

AIDS Information, Resources and Services (AIRS) hot line. (Hood River 5411 387-4022, The Dalles 5411 298-6292.) (12/97)

AIDS Prevention Team of Columbia County is a nonprofit, volunteer-based organization that provides outreach, referrals and educational materials. Team meetings

held at 4 pm on the third Tuesday of each month. (Call for locations: 366-2839.) (10/98)

Southern Oregon

ASAP AIDS Support and Prevention is a support and resource network in Josephine County for people living with AIDS and HIV, their families and friends. (5411 474-1193.) (10/98)

Douglas County AIDS Council sponsors meetings and educational activities. **Ruby House**, a project of the council, is a residence in Douglas County for people with AIDS. Housing, energy assistance and other services are provided. (3035 Laurel Springs Drive, Roseburg, OR 97470. 5411 440-2761.) (7/97)

Josephine County Lovejoy Hospice offers care for the critically ill and their families. (5411 474-1193.) (10/98)

Klamath County HIV Resource Center coordinates outreach and education on HIV and AIDS, social and support groups, and provides case management services. (10 am-5 pm Monday-Friday, 1112 Pine St., Klamath Falls, OR 97601. 5411 883-2437.) (7/97)

Willamette Valley

HIV Alliance provides free emotional and non-medical practical support services to people living with HIV, their families and friends, and those grieving. (PO Box 5513, Eugene, OR 97405. 5411 342-5088.) (7/97)

Pathfinders is a nonprofit organization that provides funding and support for social, cultural and outreach events, projects and activities for gay and bisexual men in Marion and Polk counties. (PO Box 326, Salem, OR 97301. 581-3296.) (7/97)

Valley AIDS Information Network offers information, support, speakers and referrals for people affected by HIV and AIDS. 24-hour hot line. (PO Box 971, Corvallis, OR 97339. 5411 752-6322, 1-800-588-AIDS.) (1/99)

Yamhill County Public Health Department offers community outreach and HIV-prevention education. Off-site Orasure testing. (412 N Ford St., McMinnville, OR 97128. Norm Costa 434-7525, pager 434 4507.) (2/98)

Washington

Clark County Neighborhood MenTalk plans social activities and discussion groups each month for gay and bisexual men. Part of the Speak to Your Brothers program of Cascade AIDS Project. (Geoffrey 223-5907 ext. 145.) (2/99)

Evergreen AIDS Response, a program of Cascade AIDS Project, provides non-medical services to individuals and communities in Southwest Washington. These services include: support groups, emergency financial assistance, volunteer programs, information and referral. (Suite C, 5305 E 18th St., Vancouver, Wash. 3601 735-9170.) (1/99)

People of Color Against AIDS Network. (Seattle. 2061 322-7061.) (7/97)

BROADCAST

The **Snickers LaBarr Show** features talk for gay men, lesbians and bisexuals broadcast on Paragon Cable Channel 21 and TCI Cable Channel 11. (Call for schedule: 727-2491, or visit Snickers' Web sites www.labarr.com and www.comnx.com.) (5/98)

Listen to **This Way Out** on KBOO 90.7 FM community radio. (6 pm Tuesday. 231-8032.) (11/98)

The **Tiki Cha Cha Club** swings into action on KBOO 90.7 FM community radio. (11 pm alternate Mondays. 231-8032.) (12/98)

CAMPUS

The **All-Hill Gay, Lesbian and Bisexual Alliance** is Oregon Health Sciences University's social and peer support group for students, faculty, staff and friends. Social gatherings are held every month or so. (Angela 494-5036, Scott 632-8569.) (11/98)

COMMUNITY

General

Asian and Pacific Islander Lesbians and Gays is a social and educational group. Activities include social outings, potlucks, cultural events and rap groups. (232-6408.) (5/98)

Bisexual Community Forum is an age- and gender-inclusive social, support and education network founded in 1980. Activities include dances, potlucks, field trips and a polyamory interest group. Meetings are held on the second and fourth Wednesdays. (7:30 pm at Utopia Cafe, 3320 SE Belmont St. Laury 285-4848.) (12/98)

Bonneville GLOBE is a mutual support group for gay, lesbian and bisexual employees of Bonneville Power Administration that also addresses diversity and employment issues. Other federal employees welcome. (230-4733, 631-7767.) (11/98)